

# CHEAT SHEET

*“If we don’t understand the underlying emotions that drive the decisions we (and others) make, we have zero chance of living a purposeful life”*

## **LEARN TO S.O.A.R**

Slow down, Open Up/Observe, Accept and Reconnect

## **PRACTICE THE PAUSE**

Take a breath, model the way

## **CURIOSITY OVER JUDGEMENT**

Where can you stay curious just a little bit longer?

Mantra: **Seek First to Understand**

## **LOOK FOR MEANING IN SUFFERING**

For many, learning to turn Pain into Purpose can be incredibly healing

## **THE 60 SECOND CHECK-IN**

What two words describe How you are feeling right now?

## **POWER QUESTIONS**

“What’s on your mind?”

“Tell me more...”

“What was useful for you?”

## **LET THE SILENCE DO THE WORK**

We don’t always need to fill the void. Let the silence create space for sharing